

Morning and Afternoon Snack Menu September 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2. No School	3. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & ranch	4. AM: yogurt with granola*, apples* & milk PM: ritz crackers, string cheese, & seaweed snack*	5. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	6. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & string cheese
9. AM: chicken sausage, roll, and milk PM: pretzels* & oranges	10. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	11. AM: yogurt with granola*, apples* & milk PM: ritz crackers, string cheese, & seaweed snack*	12. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	13. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & string cheese
16. AM: chicken sausage, roll, & milk PM: pretzels* & oranges	17. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	18. AM: yogurt with granola*, apples* & milk PM: ritz crackers, string cheese, & seaweed snack* & Unique Fruit!	19. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	20. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & string cheese
23. AM: chicken sausage, roll, & milk PM: pretzels* & oranges	24. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	25. AM: yogurt with granola*, apples* & milk PM: ritz crackers, string cheese, & seaweed snack*	26. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	27. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & string cheese
30. AM: chicken sausage, roll, & milk PM: pretzels* & oranges				

NOTE: (1) In the Caterpillars, Whales and Frogs classrooms, we may substitute applesauce or another soft fruit/vegetable for hard fruits and vegetables. **(2)** We may change the snack menu without notice in the event of a supply issue or if your child is not eating the snack provided. **(3)** We do not know which fruit Good Food will provide with lunch and we may switch a snack if it contains the same fruit. **(4)** Oatmeal is made with brown sugar

Unique Fruit! - This will be a chance to try an out of the ordinary fruit such as mango, papaya, pitaya, or dates.

Weekly goals: 1 yogurt, 3-4 fruits (apple, banana, orange, blueberry) 3-4 vegetables (cucumber, bell pepper, celery, carrot, seaweed), 1-3 animal proteins, and milk daily / * denotes organic